

To join NZBMDR, you must donate a unit of blood at a NZ Blood Service (NZBS) Donor Centre or Mobile. You will be asked to complete a NZBMDR consent form allowing blood to be taken for tissue-typing tests.

Anyone who has already been tissue-typed can join online at www.bonemarrow.org.nz as no further blood samples are required. For more information please contact NZBMDR directly.

To find your nearest blood donor centre or to make an appointment to give blood call 0800 GIVE BLOOD (0800 448 325) or visit www.nzblood.co.nz.

Once you have registered as a potential donor, your tissue type record will be entered into a national database and compared with patients worldwide needing bone marrow transplants. If you match a patient, you will be asked if you are still willing to donate your bone marrow stem cells. Another blood sample will be taken to confirm the match. NZBMDR will only contact you if you are identified as a potential match for a patient.

Confidentiality

Your personal details are kept confidential. Your tissue type, age, sex and ethnicity are entered onto NZBMDR with a numerical code. Only your unique identifying code and appropriate genetic and medical details are released to affiliated transplant centres. Your personal details will not be given to anyone outside NZBMDR without your consent.

Can I change my mind?

If you are contacted as a potential donor, you may need to decline for reasons such as poor health, family or work commitments. However, there is a point of no return for the patient. About a week before the transplant, the patient has chemotherapy and/or radiotherapy to destroy their diseased bone marrow. This treatment is fatal unless healthy bone marrow stem cells are transfused. At this time you have a moral obligation to proceed.

Is there any cost to me?

The main cost to you will be some of your time. NZBMDR will cover expenses related to the stem cell donation, including medical, transport and accommodation for you and a support person.

Can I be tested only for someone I know?

Only very close relatives to a patient will be tested for a specific person. While you may be motivated because of someone close to you, the chance of you matching them is extremely low. It is important to realise that there are many patients in need of stem cell transplants. By joining the NZBMDR, you may be selected to help any patient, anywhere in the world.

**For further information please visit
www.bonemarrow.org.nz**

or contact us

Phone: 0800 800 256 or (09) 523 5756

Postal address: PO Box 74 336, Auckland 1546

Email: nzbmdr@nzblood.co.nz



our mission is to care, our vision is to cure



**NEW
ZEALAND
BONE
MARROW
DONOR
REGISTRY**

**If you're male and your
ancestors were Māori
or Pacific Island**

(or any other New Zealand ethnic minority)

**you could be the match
that saves a life.**

Volunteer for the NZ Bone Marrow Donor Registry.

It could mean the difference between life & death to someone needing a bone marrow transplant



Each year, many people are diagnosed with leukaemia or other serious blood disorders.

Often a bone marrow transplant is the only hope for a cure.



The New Zealand Bone Marrow Donor Registry (NZBMDR) is part of a worldwide network of people who have volunteered to donate cells from their bone marrow, if they match a patient who needs a bone marrow transplant.

The decision to join the NZ Bone Marrow Donor Registry requires careful consideration and commitment. Please read the following information carefully before deciding to join the registry.

NZBMDR are currently recruiting:

- Males aged between 18 – 40 years with Māori or Pacific Island ancestry or an ancestor from any NZ ethnic minority group,
 - AND able to meet the NZ Blood Service requirements to donate blood,
 - AND willing to donate bone marrow to any patient anywhere in the world
- Anyone aged between 18 – 60 years (regardless of ethnicity) who has previously been tissue-typed as a platelet donor or for an overseas bone marrow registry

The donor and the recipient must be a close genetic match based on 'tissue type'. Because tissue types are inherited, patients are most likely to match someone in their close family. Only one in three patients has a matched (tissue type) family member. If a match is not found in the family, a search for an unrelated donor may then be done. The patient is most likely to match someone with the same ethnicity or ancestral background.

European patients have access to millions of European donors on worldwide registries, compared to a few thousand potential donors for Māori and Pacific Islanders. Other NZ ethnic groups are also not well represented. For this reason we are actively recruiting males of Māori and Pacific Island ancestry and people from other NZ ethnic minority groups.

What happens if I'm a matched donor?

If a match is confirmed, your health and wellbeing before and after donation are equally important to us. You will have a medical assessment by an independent specialist who will explain the process thoroughly and answer any questions.

How are bone marrow stem cells collected?

Bone marrow is the tissue inside the bone cavity that produces stem cells which mature into all types of blood cells. Bone marrow donation does not involve donating your actual bone but the collection of the stem cells which grow inside the bone. Bone marrow stem cells are collected at a hospital or blood donor centre in Auckland and Christchurch and can be collected in two ways:

1. Peripheral Blood Stem Cell (PBSC) donation

Normally a very small number of stem cells from the bone marrow are circulating in your bloodstream. To increase the number, a hormone-like substance called G-CSF is injected under the skin daily for four days prior to the procedure. Blood is collected from a vein in your arm (similar to blood donation) and passes into a cell separator machine which removes the stem cells. The rest of the blood is immediately returned to your body. This procedure takes about three to four hours and does not require a general anaesthetic. After this you may go home.

What are the risks for me?

G-CSF is usually well tolerated, although during the course of the injections you may experience some bone pain and flu-like symptoms, which usually respond to paracetamol. G-CSF has been used in patients for many years. The longterm effects of short treatments in normal donors appear to be safe.

2. Pelvic hip bone collection

Stem cells from bone marrow can also be collected from the pelvic hip bones using a needle and syringe under a general anaesthetic. The procedure can take up to two hours. Recovery time varies but donors are usually able to go home the next day and resume normal activities after two or three days. Bone marrow re-grows rapidly to replace the donated cells.

What are the risks for me?

The risks of donating stem cells by this method are the same as the risks associated with a general anaesthetic. To minimise the chance of any risks you will undergo a very careful screening process. The chance of a serious complication in a healthy person is very low but some people experience nausea, bruising and/or local pain and discomfort for several days.